



Roasted Sweet Potato and Green Onion Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 cup cider vinegar
- 1 tablespoon dijon mustard
- 0.3 cup flat-leaf parsley coarsely chopped
- 1 bunch green onions (white bulb and 3 inches of green)
- 1 tablespoon honey
- 8 servings kosher salt and pepper black freshly ground
- 0.5 cup olive oil for brushing the potatoes and green onions

4 pound sweet potatoes

Equipment

bowl

whisk

Directions

Watch how to make this recipe.

Brush the potatoes and green onions with olive oil. Roast the potatoes until tender. Roast the green onions until softened. When cool enough to handle, cut the potatoes into 1-inch cubes and finely chop the green onions.

In a large bowl, whisk together the remaining 1/2 cup olive oil, the mustard, vinegars, and honey, and season with salt and pepper.

Add the potatoes, green onions and parsley and mix until the potatoes are coated with the dressing. Season to taste with additional salt and pepper.

Nutrition Facts

 **PROTEIN 7.19%** **FAT 0.88%** **CARBS 91.93%**

Properties

Glycemic Index:45.03, Glycemic Load:24.53, Inflammation Score:-10, Nutrition Score:17.516956453738%

Flavonoids

Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 216.64kcal (10.83%), Fat: 0.21g (0.33%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 42.96g (15.62%), Sugar: 13.12g (14.57%), Cholesterol: 0mg (0%), Sodium: 150.22mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Vitamin A: 32427.63IU (648.55%), Vitamin K: 54.17µg (51.59%), Manganese: 0.65mg (32.73%), Fiber: 7.22g (28.87%), Vitamin B6: 0.48mg (24.18%), Potassium: 820.1mg (23.43%), Vitamin B5: 1.84mg (18.38%), Copper: 0.36mg (17.96%), Magnesium: 61.94mg (15.48%), Vitamin B1: 0.19mg (12.48%), Vitamin C: 9.7mg (11.75%), Phosphorus: 115.5mg (11.55%), Iron: 1.76mg (9.77%), Vitamin B2:

0.15mg (8.82%), Folate: 33.92µg (8.48%), Calcium: 81.74mg (8.17%), Vitamin B3: 1.35mg (6.76%), Zinc: 0.76mg (5.1%), Vitamin E: 0.66mg (4.41%), Selenium: 2.09µg (2.98%)